

Kitchen Weights And Measures

- 1 1/2 teaspoons = 1/2 tablespoon
- 3 teaspoons = 1 tablespoon
- 4 tablespoons = 1/4 cup
- 5 1/3 tablespoons = 1/3 cup
- 16 tablespoons = 1 cup
- 8 tablespoons = 1/2 cup
- 10 2/3 tablespoons = 2/3 cup
- 12 tablespoons = 3/4 cup
- 2 tablespoons = 1/8 cup
- 1 cup = 8 fluid ounces
- 1 cup = 1/2 pint
- 2 cups = 1 pint
- 4 cups = 1 quart
- 2 pints = 1 quart
- 4 quarts = 1 gallon

English/Metric Conversions:

Dry Volume Measurements

- 1/8 teaspoon = .5 mL
- 1/4 teaspoon = 1 mL
- 1/2 teaspoon = 2 mL
- 3/4 teaspoon = 4 mL
- 1 teaspoon = 5 mL
- 1 tablespoon = 15 mL
- 2 tablespoons = 30 mL
- 1/4 cup = 60 mL



- 1/3 cup = 75 mL
- 1/2 cup = 125 mL
- 3/4 cup = 175 mL
- 1 cup = 250 mL
- 2 cups = 500 mL
- 3 cups = 750 mL
- 4 cups = 1 L
- 1 pint = 500 mL
- 1 quart = 1 L

Fluid Volume Measurements

- 1 fluid ounce = 30 mL
- 4 fluid ounces = 125 mL
- 8 fluid ounces = 250 mL
- 12 fluid ounces = 375 mL
- 16 fluid ounces = 500 mL

Weight (Mass) Measurements

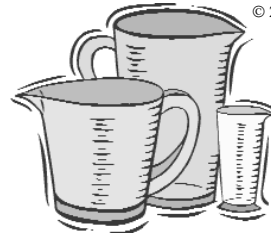
- 1/2 ounce = 15 g
- 1 ounce = 30 g
- 3 ounces = 90 g
- 4 ounces = 120 g
- 8 ounces = 225 g
- 10 ounces = 285 g
- 12 ounces = 360 g
- 16 ounces = 450 g
- 1 pound = 450 g

Oven Temperatures

- 250° F = 120° C
- 300° F = 150° C
- 325° F = 160° C
- 350° F = 180° C
- 375° F = 190° C
- 400° F = 200° C
- 425° F = 220° C
- 450° F = 230° C

Oven Terms

- Very slow oven = 200°-250°
- Slow oven = 250°-325°
- Moderately slow oven = 325°-350°
- Moderate oven = 350°-375°
- Moderately hot oven = 375°-400°
- Hot oven = 400°-450°
- Very Hot oven = 450°-500°



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